

OUCH! LAME BACK— RUB LUMBAGO OR BACKACHE AWAY

Rub Pain Right Away with Small Trial
Bottle of Old "St. Jacob's
Oil"

Kidneys cause backache? No! They have no nerves, therefore cannot cause pain. Listen! Your backache is caused by lumbago, sciatica or a strain, and the quickest relief is soothing, penetrating "St. Jacob's Oil." Rub it right on your painful back, and instantly the soreness, stiffness and lameness disappears. Don't stay crippled! Get a small trial bottle of "St. Jacob's Oil" from your druggist and limber up. A moment after it is applied you'll wonder what became of the backache or lumbago pain.

Rub old, honest "St. Jacob's Oil" whenever you have sciatica, neuralgia, rheumatism or sprains, as it is absolutely harmless and doesn't burn the skin.—Adv.

MANHATTAN ISLAND.

It Was Once a Spot Apart From the
Island of Manhattan.

The Magazine of American History has called attention to a distinction in New York nomenclature that, despite the authority it quotes, "every Manhattanese" does not know. The magazine cites the following footnote to "The Spy," by James Fenimore Cooper and then comments on it:

"Every Manhattanese knows the difference between Manhattan Island and the island of Manhattan. The first is applied to a small district in the vicinity of Corlear's Hook, while the latter embraces the whole island, or the city and county of New York as it is termed in the laws.

"In other words, the latter is the present borough of Manhattan. Manhattan Island was a knoll along the old water front of the East river about an acre in extent surrounded by creeks and salt marsh and made an island by the tide. Near it was Henry Eckford's shipyard, an ancient landmark. It may be identified on General Egbert I. Viele's map of the water courses.

"In the reticulation of the present streets it lay between Rivington and Houston, Sheriff and Cannon streets. Columbia and Stanton streets intersect on what was about the center of the island. Just north of it was one of the tidal mouths of a stream that arose near First Avenue on Sixth street, flowed through Tompkins square and reached the river between Manhattan Island and Burdett Mill or Branda Munnah point, about Third and Lewis streets."

ALASKA'S FERTILE LANDS.

Facts About Our Vast and Little Understood Territory.

Alaska is the most misunderstood and misrepresented section of the United States. People generally, and sincerely, believe that the name Alaska is synonymous with snow and ice and couple it accordingly with ice cream freezers and cold drinks. Yet the principal cities of Alaska along its southern coast line—Juneau, Ketchikan, Cordova, Valdez and Seward—do not average as cold in midwinter as New York and are seldom as cold as Baltimore and Washington during cold waves.

Alaska is one-fifth the size of the whole United States, and its prodigious area of about 600,000 square miles, nearly three times the size of the German empire, spreads from the temperate zone to the arctic circle. Not one quarter of it is in the latter. Below the circle lies a magnificent belt of fertile soil.

It is estimated by government authorities that the agricultural area of Alaska's fertile valleys and plains, on many of which cattle can be wintered without feeding, aggregate 30,000 square miles, with a climate like that of northern Europe—Norway, Finland and Sweden. This land is richer and more productive than that of any other country in the world, well watered, fairly well timbered, and 320 acres are open free to the settler if he wishes to take up a homestead.—John A. Slesinger in Leslie's.

Exceptions.

"A soft answer turns away wrath." "Don't you believe it. My wife asked me yesterday how I liked her biscuits, and I said they were mush."—Baltimore American.

Follow One Another.

Things always bring with them their own philosophy—that is, prudence. No man acquires property without acquiring with it also a little arithmetic.—Emerson.

Good and Sufficient Reason.

Editor—But, my good fellow, why do you bring this poem to me? Impecunious One—Well, sir, because I hadn't a stamp, sir.—London Tatler.

WHY HAIR FALLS OUT

Dandruff causes a feverish irritation of the scalp, the hair roots shrink, loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a 25-cent bottle of Dandrin at any drug store, pour a little in your hand and rub well into the scalp. After a few applications, all dandruff disappears, and the hair stops coming out.—Adv.

YOU NEED

to aid nature occasionally when your liver is sluggish, your stomach disordered or your bowels inactive. Let this safe, mild, dependable remedy regulate these organs and put them in a sound and healthy condition.

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World.
Sold everywhere. In boxes, 10c., 25c.

TALK OF SHIFTS IN THE CABINET

Lamar Vacancy on Bench
May Lead to Some
Changes

SECRETARY LANE MAY GET PLACE

Garrison and Lehmann Are
Also Being Considered

Washington, Jan. 4.—Prompt action by President Wilson in nominating a successor to the late Associate Justice Joseph Rucker Lamar of the United States supreme court, who died Sunday, is expected in administration circles.

The new appointee unquestionably will be a Democrat avoiding a change in the party line-up on the bench.

Many possibilities for the vacancy are being discussed. Prominent in the gossip are Secretary Lane, department of the interior; Frederick W. Lehmann of St. Louis, former solicitor general of the department of justice; Secretary of War Garrison, Secretary of Agriculture Houston, Counselor Polk of the interstate commerce commission, and John W. Davis, present solicitor general.

It will be President Wilson's second appointment to the highest court. Associate Justice McReynolds was the first, succeeding the late Justice Horace H. Lurton, who was named by President Taft.

That Mr. Taft would not be considered for appointment was stated authoritatively.

The reported desire of the president for certain changes in his cabinet emphasized the prospects of Secretary Lane. He is said to have an ambition for judicial honors and is regarded by the president as of unusual ability. Secretary Garrison formerly served in New Jersey's supreme court. By appointing Secretary Houston, it was pointed out, the rumored inclination to shift Houston and promote Assistant Secretary Carl Vrooman could be achieved.

The president is known to think highly of Frederick W. Lehmann, who has served many years at the bar and was Justice Lamar's colleague. By Mr. Wilson's appointment, in the A. B. C. Mexican conference at Niagara Falls, Justice Lamar's body will be taken, probably to-day, to his old home at Augusta, Ga. President Wilson yesterday sent a message of condolence to the family.

The interest of politicians centers particularly on Secretary Lane. For some time a considerable element in the Democratic party has been urging Mr. Lane for national chairman. It is not believed that President Wilson will do much campaigning if renominated and Mr. Lane is regarded as a campaigner of personality and ability. As national chairman he would occupy a position that would enable him to carry the burden of the oratorical battle.

The secretary has not looked with favor on the scheme, however. His health is not of the best, and being a man of limited means, a life place on the supreme bench looks more alluring than the task of carrying the Democratic flag through a campaign.

The supreme court suspended business yesterday. On convening Chief Justice White announced the death of Justice Lamar, and the court adjourned the tribunal until Thursday.

Several of the justices will go on the funeral train to Augusta.

BORN IN LEBANON.

Was Francis Marion Webster, Dead in
Columbus, O.

Columbus, O., Jan. 4.—Francis Marion Webster, scientist, of the federal government bureau of entomology, Washington, died here yesterday following an attack of pneumonia.

He was 66 years old and was born in Lebanon, N. H.

John Barleycorn Knocks Out Baseball
Stars.

In the current issue of Farm and Fireside are some interesting figures showing the ravages by alcohol among the star players of big baseball leagues. These figures have been gathered by H. S. Fullerton. Mr. Fullerton purposely eliminated the hard drinkers from his experiments; he confined himself to the "bottle of beer" man who thinks that what he takes cannot possibly hurt him.

He keeps tab of the records and batting averages of thirty-two moderate drinkers and twenty-four players who did not drink. After eleven years only two of the original thirty-two drinking players are on the diamond, while eight of the twenty-four non-drinkers are still playing. Furthermore only five of the drinkers are prosperous as opposed to fourteen of the non-drinkers. Six of the beer contingent are down and out, eight are dead and one is missing—but only three of the non-drinkers are either dead or ruined. The non-drinkers have won more games and pitched more games, stolen more bases and kept up a better batting average, although at the beginning of the eleven years the drinkers surpassed them. The following table of batting averages is given by Mr. Fullerton:

	1907	1908	1909	1910
Drinkers	.246	.243	.236	.231
Non-drinkers	.238	.240	.236	.231
	1911	1912	1913	1914
Drinkers	.226	.227	.221	.220
Non-drinkers	.241	.243	.240	.241

"These figures seemed remarkable to me," he says. "They reveal the fact that the drinkers were the better hitters at the start, that they declined steadily in batting, while the non-drinkers not only held their pace but improved a little. The figures show the drinkers' averages varied largely each year, while the non-drinkers batted within a few points each season of what they had done the previous year. The figures showed the non-drinkers were the more reliable men, and to my surprise I found that the eight non-drinkers played in eight and a fraction more games per season than the eighteen drinkers did."

Household Economy

How to Have the Best Cough
Remedy and Save \$2 by
Making It at Home

Cough medicines, as a rule contain a large quantity of plain syrup. A pint of granulated sugar with $\frac{1}{2}$ pint of warm water, stirred for 2 minutes, gives you as good syrup as money can buy.

Then get from your druggist 2½ ounces Pinex (50 cents worth), pour into a pint bottle and fill the bottle with sugar syrup. It gives you, at a cost of only 54 cents, a full pint of really better cough syrup than you could buy ready made for \$2.50—a clear saving of nearly \$2. Full directions with Pinex. It keeps perfectly and tastes good.

It takes hold of the usual cough or chest cold at once and conquers it in 24 hours. Splendid for whooping cough, bronchitis and winter cough.

It's truly astonishing how quickly it loosens the dry, hoarse or tight cough and soothes the inflamed membranes in the case of a painful cough. It also stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent loose cough.

Pinex is a highly concentrated compound of genuine Norway pine extract, combined with guaiaac, and has been used for generations to heal inflamed membranes of the throat and chest.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex," and don't accept anything else. A guarantee of absolute satisfaction, money promptly refunded, goes with it.

The Pinex Co., Ft. Wayne, Ind.

SUNDAY TRAIL— HITTER MURDERS HIS MOTHER

He Commits the Act While He is in a
Fit of Religious
Mania.

Syracuse, N. Y., Jan. 4.—Ed. H. Buchenau, prominent Syracusean, killed his mother yesterday while in a fit of religious mania.

He was a Billy Sunday trail hitter. Buchenau battered his mother's brains out with a hammer while she stood at a washtub. That there was a fierce struggle was shown by the washtub being overturned and the fragments of a lamp being scattered over the floor.

After saying that he and other members of the family had hit the trail Buchenau declared that he wanted his mother to go to Heaven, where she would not have to work so hard. Buchenau is 28 years old. The Buchenau home when entered by the police was found literally plastered with pictures of Billy Sunday and members of his party.

BRYAN NOT TO SAIL.

Has "More Important Work to Do Here
for the Present."

New York, Jan. 3.—William Jennings Bryan conferred more than an hour here last night with Henry Ford, who returned yesterday morning on the steamship Bergensford from his peace pilgrimage to Europe.

Mr. Ford declined to reveal the nature of the discussion but said he had come to New York from Washington upon receipt of a telegraphic request from Mr. Ford.

Mr. Bryan denied that he would sail for Europe on January 4, as previously planned, declaring that he has "more important work to do here for the present."

KAISER'S CANCER SYMPTOMS.

Alarming Eruptions of the Skin Reported
from Berlin.

Rome, Jan. 4.—News from Berlin has become known here that the German emperor is not suffering from a malignant carbuncle but from alarming eruption of the skin, which, it is feared, is symptomatic of cancer, since the lips are particularly affected and the surrounding tissues of the mouth and throat are becoming involved.

The court physicians disagree both as to the diagnosis and treatment. A surgical operation has not yet been decided on, but the removal of the affected parts should become imperative if an artificial palate is held in readiness.

Benevolent Interference.

"Yep," said Mr. Growcher, "nothing was made in vain. Everything that earth produces may serve some useful purpose, if you can only find out what it is. There is a whole lot to think about in that story of the mouse who gnawed the net for the captured lion."

"Maybe there is," replied his wife. "But I'm willing to bet that was the only kind and considerate mouse known to the entire animal kingdom."

"You are wrong. Have you forgotten that Welsh rabbit party we attended last night?"

"Yes. But there wasn't any Welsh rabbit."

"And as a result we are all comfortable and happy to-day instead of being miserable and ysyptic. And we owe it all to the fact that a few kindhearted mice sneaked around during the afternoon and ate up the cheese."—Washington Star.

Rediagnosed.

"I should like to make your case my study," said the eminent specialist.

"But I haven't a cent," objected the case.

"Did I say my study? My vestibule. I meant—this way out, please."—Judge.

NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To
Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear, and you can breathe freely. No more yawning, sneezing, mucous discharge, headache, dizziness—no struggling for breath at night, your cold or catarrh is gone.

Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.—Adv.

BABY WEEK PLANNED FOR EARLY MARCH

More Than 400 Communities Represent-
ing Every State in the Union are
Laying Plans for Participating.

The year 1910 is baby year. The facts about American babies, the needs of American babies, and America's responsibility to her babies will this year be known throughout the country.

More than 400 communities representing every state in the union are already laying plans for baby week, according to the Children's bureau of the United States department of labor, in order that during those seven days the needs of the babies may be so presented that all the parents in those communities will learn a little better how to care for their babies, and all the citizens will realize that they have a special obligation to safeguard the conditions surrounding babies. And it is confidently believed by those who are interested in this nationwide baby week that the remainder of the year will be marked by a strengthening of all community activities for saving babies' lives and giving them a better chance to grow to a healthy maturity.

The baby week idea originated in Chicago not quite two years ago. Then New York had a baby week, and Pittsburgh, and other cities. Such practical benefit has in each case resulted that the general federation of women's clubs has undertaken to promote this nationwide observance. State health officials and national organizations interested in public health and child welfare have taken up the plan, and in various ways are giving it not only their sanction but their active cooperation. The extension divisions of the state universities have promised special assistance in interesting and helping baby weeks in rural communities.

The federal Children's bureau believes that baby week will give more parents a chance to learn the accepted principles of infant care, and will awaken every American to his responsibility for the deaths of three hundred thousand babies which according to the census estimates, died every year before they are twelve months old. Therefore the Children's bureau has prepared a special bulletin of practical suggestions for baby week campaigns, adapted to the varying needs of communities of different types. Copies of this bulletin may be had free of charge from the Children's bureau at Washington.

More Business Than New England Can
Handle.

If a fire department could declare an effective embargo or prohibition on fires whenever it had too many to handle, the public would welcome such remedial action but lament the cause which led to it. The situation, ancient the embargo which President Elliott says the New Haven road may be forced to lay on certain classes of freight, is exactly reversed.

However, shippers may regret a temporary suspension of service, all New England must be greatly pleased over the primary cause that has led to the present congestion—namely, the vast volume of business now moving over the New Haven road. It is one of the most positive signs yet given of the returned, not the returning, prosperity of these states and of the country at large.

On the New Haven's tracks to-day there are 40,000 loaded cars, 8,000 more than there were at this time last year, with another 8,000 waiting for delivery to the New Haven from connecting lines. During the first eight days of December cars were loaded locally and received from other lines in the following numbers for each of the three years indicated: 1913, 44,193; 1914, 37,748; 1915, 50,677.

These figures have not only a relative value, to show how much larger the freight business has been this year than it was in 1913 and 1914, but also an absolute value, to impress by their very size a clear idea of the vast and increasing extent of freight movements in New England to-day. The current December freight business on the New Haven exceeds even the traffic over that busiest middle western 3-broads, the Chicago, Burlington & Quincy. As President Elliott's letter shows, the C. B. & Q. having 12,869 miles of track, carried 48,230 cars during this single week of December when the New Haven with only 4355 miles of track, carried 50,677. It has often been said of the Burlington route that it is one of those rare lines of railroad which not only taps a good country at its terminal points, but which also runs through a good country to get to it. How well the New Haven duplicates these favorable conditions is now becoming more and more patent.

With such potentialities of business, under the increasing stimulus of greater prosperity, the New Haven road must so act, and so be permitted to act, that its equipment and service may in the future be adequate to meet all demands put upon it. According to President Elliott's explanation of the present temporary congestion as valid, New England still cannot reconcile itself to being bad of business, when business offers, merely because it cannot get cars to transport its goods. The company says it has already improved the service of its existing freight cars, and has thirty-three new heavy locomotives and 500 cars on the way to delivery in the next three months. Such additions as these, and other improvements in facilities and equipment, must be rapidly pushed. With large commercial opportunities now knocking once more at our gates, New England must be prepared to receive them. The New Haven must not lie down on its task, or any part of it.—Boston Transcript.

Sick Man.—It doesn't make much difference whether I die now or not.

Doctor.—Why, my good man, why not?

Sick Man.—Well, I must owe you several hundred dollars by now, and I'll be in the hole anyway.—Siren.

ACUTE AND CHRONIC RHEUMATISM

The exact cause of rheumatism is unknown, though it is generally believed to be due to an excess of uric acid in the blood. It may be also said with equal truth that no remedy has been found which is a specific in all cases. In fact the literature of rheumatism is so full of contradictions that it is hard to find a single fact which has not been given a trial. In the hands of one observer we find that a certain drug has been used with the most successful results; others have found the same remedy to be a great disappointment. All physicians however agree that every method of treatment is aided by the administration of some remedy to relieve the pain and quiet the nervous system and Dr. E. S. Richards expresses the opinion of thousands of practitioners that his anti-rheumatic tablets should be given preference over all other remedies for the relief of the pain in all cases where every cold and catarrh sufferer has been seeking. It's just splendid.—Adv.

YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

If Cross, Feverish or Bilious, Give "California Syrup of Figs"

No matter what ails your child, a gentle, thorough laxative should always be the first treatment given.

If your little one is out of sorts, half sick, isn't resting, eating and acting naturally—look, mother! see if tongue is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

Mothers can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's liver and bowels and sweeten the stomach, and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."—Adv.

Topics of the Home and Household.

Butter potatoes when putting them into the oven to bake, as the fat softens the skin and makes a more attractive vegetable.

Equal quantities of coal oil (kerosene) and linseed oil warmed and used to rub on hardwood floors will make them look like new.

A dish mop dampened with kerosene will clean bedsprings the best of anything known, even coiled wire springs being easily reached in this way.

When washing marble washstands and mantle shelves, never use soap, as it spoils the polished surface. A little ammonia added to the water is all that is required.

The office coat for women has finally arrived, though it's not a bit mannish. It's made in black silk or pongee, is a standard loose coat that's becoming to everybody. You slip it over your frock or your blouse and skirt as soon as you enter the office. It envelops you from throat to knee and protects your clothes beautifully.—Ottawa Citizen.

Bacon and rice is an appetizing dish for breakfast on cold mornings. After the bacon has been fried, pour a cupful of cold boiled rice into the frying pan and stir while heating to separate the grains. Beat two eggs well, add two tablespoons of cream, and pour the mixture over the rice. Cook until the eggs are done, then pour on a platter. Serve with the bacon as a garnish.

Some people cannot eat baked beans without being distressed. If they will try three tablespoons of olive oil instead of pork, or if they don't like the taste of oil, use less oil and a small piece of pork. Cayenne pepper instead of black pepper, teaspoon of salt. Use more if only oil is used; leave out molasses, use sugar if you like them sweet. Beans prepared this way will not give you indigestion. Of course they must be well baked.

Black Lingerie.

While the black corsets are not so unusual as to cause one to exclaim the fact, there is a demand for whole sets of lingerie in black that is astonishing.

It is said that everything in the lingerie line can be now had in this somber hue, and when it is considered that many of the modern frocks are of transparent material, it seems reasonable, at least, that the brassiere and the corset, too, for that matter, should be fashioned of black material, but it does seem to be stretching the point a bit too far when all the lingerie from the nightgown on up is black.

It is said that a prominent American who lost her husband about a year ago has never since worn a bit of anything but black.

Be Happy and Thankful.

Be happy if you can rise in the early morning in the fullness of health, for the day's duties, however hard they may seem.

Be happy that you live where you do not hear the tramp of the soldier or see the blind, the wounded and the maimed forever passing by.

Be happy that you have a home however humble where discord finds no welcome.

Be happy that the door of the office, the counting room, the shop, the factory is open and your accustomed place awaiting you.

Be happy if the dinner is full, the pay envelope ready at the week's end. The day of toil will give you new zest for hours of rest and recreation.

Be happy that you live in a land which has no aristocracy excepting that of manhood and character—the aristocracy of a great republic.

Be happy that you live in the most favored land and enjoy the greatest blessings that Providence has vouchsafed to any people.

Odd Dishes Met with Here and There.

Butterscotch Pie—One meets with many new concoctions and ways of serving foods in cosmopolitan New York, but only recently have we had our first introduction to the candy pie. Though the recipe was difficult to procure, it was finally captured, and the experimenter may try it. Line a pie plate with light flaky crust. Bake the shell first. When removed from the oven, have ready the following mixture: Two cups of maple sugar, a half cup of butter, two tablespoons of rice flour mixed well together. Cook gently and allow it to come to boiling point; boil until thickened. Turn at once into the hot crust and set aside to cool and jelly. Scatter cold.

Banana Sweet Pickle—This is a good sweet pickle to serve with cold meats.

It is much used by the Cubans in Havana, but is a strange dish to northerners. Make a very thick syrup of two cups of sugar and a half cup of water, add to it three tablespoons of vinegar, cloves, allspice and cinnamon to taste. While the syrup is hot pour it over a half dozen ripe bananas that have been sliced crosswise. Let the pickle stand several hours before serving.

Ham Muffins—These muffins are a Mexican delicacy and are unusual enough to be interesting. They are quite easily made. Beat one-quarter of a cup of butter to a cream; add gradually three-quarters of a cup of cold boiled ham chopped very fine, a well beaten egg, one cupful of graham and flour and one cupful of white flour sifted, with two heaping teaspoons of baking powder, and a cup of sweet milk. Have the muffin tin hot and well buttered, and bake the muffins for 25 minutes.

Artichoke Pie—The artichoke pie is made with an under crust. Boil two pounds of Jerusalem artichokes until tender, drain and mash them well, adding two dessertspoons of butter, half a cup of whipped cream, pepper, salt, and a dash of sugar. Slice one Spanish onion, fry lightly in butter and put a layer of the slices at the bottom of the crust-lined pie plate. Cover these with the mashed artichokes and cover the top with sliced potatoes that have been marinated 15 minutes in melted butter or olive oil. Dust with a little pepper and salt, and bake. The piecrust and potatoes will be done at the same time.

Chicken Chop-Suey—This Americanized Chinese dish which New Yorkers have formally adopted is not as complicated or difficult to make as it would seem when one is eating it. It is quite within the possibilities of the home cook. Take the meat of a plump chicken, and fry, after seasoning it in hot hard fat, a cup of finely chopped ham, a half cup of finely minced celery, a half cup of green beans, a half cup of bamboo sprouts, and a half cup of thinly sliced button mushrooms. Add also a half cup of rich stock, and a quarter of a cup of Chinese sauce. Cover closely and cook until the chicken is tender. Thicken the sauce with flour beaten smooth in two tablespoons of cream, and add a tablespoon of finely chopped parsley. Serve hot with boiled rice.

Norwegian Fish Pudding—This pudding is seldom served outside of Norwegian surroundings, where it is a great favorite; but as it is easily made and very good, it is worth while to add its recipe to the home cookbook. Take two pounds of cold boiled codfish, free it from all skin and bones, and flake it. Add to it a Spanish onion chopped very fine, a pint of bread crumbs, a gill of melted butter, two tablespoons of chutney syrup, one cup of cream, and a half cup of milk. Put all into a buttered pudding dish and steam for an hour and a half. Unmold on a hot dish and have ready a rich drawn butter sauce, not too thick, in which a hard boiled egg has been died. Turn the sauce over the pudding and serve at once.

Japanese Salad—This dainty salad is served at an exclusive Japanese club in New York, and adds another unusual salad to the already long list. Chop two tart apples and add to them one cup of chopped celery. Dust all with pepper and salt, add six sliced truffles and a little finely chopped red pepper. Fold all in heavy mayonnaise and serve in lettuce leaves garnished with slices of preserved kumquats.

Polish Chop—It is seldom that we meet with recipes from Poland, but like all other nations the Poles have their

ITCHING ECZEMA COVERED ENTIRE BODY, RESINOL CURED

Could Not Sleep, 8 Remedies had Failed.
Resinol Stopped Itching Immediately.